

**For More
Information
about CACFP:**

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To find a child care center participant in
CACFP go to:
[https://eed.alaska.gov/tls/cnp/pdf/
cacfp_participants_by_community.pdf](https://eed.alaska.gov/tls/cnp/pdf/cacfp_participants_by_community.pdf)

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Child Nutrition Programs

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A Child Nutrition Program of
the Food and Nutrition
Service, U.S. Department of
Agriculture

**Alaska Child
and Adult Care
Food Program
(CACFP)**

**Information for
parents**

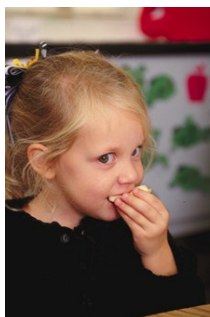
Receive free nutritious meals
while your children are in
their child care setting.



What is CACFP?

The CACFP is funded and administered at the Federal level by the Food and Nutrition Service (FNS), an agency of the U.S. Department of Agriculture (USDA). Alaska's program is administered by the Alaska Department of Education and Early Development.

The CACFP provides Federal Funds to non-residential child and adult care facilities, emer-



gency shelters, eligible after school programs and family day care providers who serve nutritious meals and snacks to participants in their care. Programs are trained and have agreed to follow USDA requirements.

Proper nutrition is important to good health and also an important part of a good child care program. Children need well-balanced meals in order to meet their daily energy needs and to help them build strong bodies and minds.

By selecting a child care facility that participates in the CACFP, you can be assured that your child is getting balanced, nutritious meals. As participants in the CACFP, child care facilities may be reimbursed for up to two meals and one snack that follow USDA meal patterns a day to each child.

USDA Meal Patterns

There are two meal patterns; an infant meal pattern for infants up to 12 months (foods vary according to the infant's age), and a child meal pattern for children ages 1-18

Infant USDA Meal Pattern

Birth-3 Months		
Breakfast	Snack	Lunch or Supper
Iron-Fortified Formula or Breast Milk	Iron-Fortified Formula or Breast Milk	Iron-Fortified Formula or Breast Milk
4 Months - 7 Months		
Breakfast	Snack	Lunch or Supper
Iron-Fortified Formula or Breast Milk	Iron-Fortified Formula or Breast Milk	Iron-Fortified Formula or Breast Milk
Iron-Fortified Infant Cereal (when ready)		Iron-Fortified Infant Cereal (when ready)
		Fruit and/ or Vegetable (when ready)
8 Months - 11 months		
Breakfast	Snack	Lunch or Supper
Iron-Fortified Formula or Breast Milk	Iron-Fortified Formula or Breast Milk	Iron-Fortified Formula or Breast Milk
Iron-Fortified Infant Cereal	Bread or Crackers (when ready)	Iron-Fortified Infant Cereal and/or meat/meat alternate
Fruit and/or Vegetable		Fruit and/or Vegetable

USDA Meal Pattern

Ages 1-18 Years		
Breakfast	Snack (pick from 2 categories)	Lunch/Supper
Milk	Milk	Milk
Fruit and/or vegetable	Fruit and/or vegetable	2 Fruits and/or vegetables
Bread or Enriched or Whole-Grains	Bread or Enriched or Whole-Grains	Bread or Enriched or Whole-Grains
	Meat or Meat Alternate	Meat or Meat Alternate

How will using a Child Care Provider that participates in CACFP benefit you and your family?

- Provider/Staff promotes good nutrition and nutrition education and activities to your child.
- Your child will receive healthy foods during care, and will be exposed to responsible role modeling by staff.
- Provider/Staff receive training and monitoring by sponsoring organization or state agency, which means better oversight of overall program operations.
- Provider/staff able to keep rates lower because they are receiving federal funds for food costs.
- Your monthly food costs may lower because children will receive free meals while in care.